EDWARD N. COLE CANOE BASE

Food Service

Manual

NATIONAL CAMP ACCREDITATION PROGRAM

Welcome to Summer Camp!

We are thrilled to welcome you to another amazing year here at Cole Canoe Base! There are tons of exciting activities and events planned to keep you busy all week, but as we all know, you have to get the energy to do these activities somewhere. That's where my staff and I come in! We are here to make sure everyone is happy, fed, and ready to have the time of their lives

For many of you, coming home to Cole is a yearly event and you have become quite familiar with the menu. The menu has changed slightly this summer to enhance your eating experience. If you have any suggestions to better our menu, please let us know. We are always looking for new ideas.

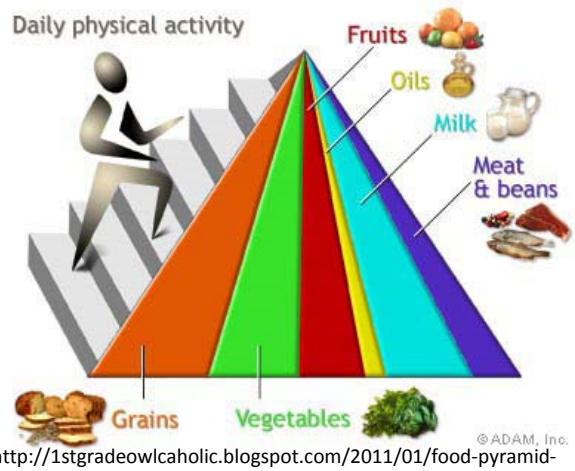
For newcomers to Cole, welcome! Please use this manual to help with making your meals. At the bottom of every page are cooking directions, please ensure that all meals are cooked to the proper temperature to ensure food safety. There is also a grace provided for each meal. The most important thing is that you must pay attention to the **PORTION SIZES** before you allow the children to feast. If everyone eats their portion, everyone will walk away from the meal happy and full.

The menu for the week has been planned based on the new recommended food pyramid formulated by the USDA. This pyramid is shown below, and the daily meals are color coded.

If there is anything we can do to help you have a better experience, please find us! We are more than willing to help.

Thank you,

Your 2014 Food Service Team



http://1stgradeowlcaholic.blogspot.com/2011/01/food-pyramid-bracelets.html

Food Pick-Up Times		Extra Meals
Breakfast	7:00 am – 7:30 am	$6.50
Lunch	11:30 am – 12:00 pm	$8.50
Dinner	*4:30 pm – 5:00 pm	$10.00

*NOTE: Thursday dinner pick-up is 4:00 pm to 4:30 pm.
Please note that if you stay for an entire day (breakfast, lunch, and dinner), you will be charged not only for food, but for enjoying a world class program, for only $25.00.

River Trips
If you plan on taking a river trip that occurs during a meal (50 miler, overnight trips, whole day trips, etc.), please meet with me on Sunday night to arrange the menu.

Ice Policy
Ice is available from the commissary. Each site is allowed 1 bag of ice at no charge for every 15 people in the site. Each additional bag is $2.00.

Beast Feast
You are asked to bring a dish to pass to this event. Be as creative as possible, and if you have come to camp without the right ingredients, talk to us before Monday lunch and we can probably arrange to get them for you.

Thermometers
The commissary provides a food thermometer for each site to guarantee food is properly cooked. If there are any questions about cooking temperatures, ask the commissary.

Staples
Staple items are available upon request for a small cost (things like hot chocolate, trash bags, toilet paper, and paper towels). Condiments are available at no cost.

Dishwashing
Please do not wash dishes in the washstand of the latrine. Any grease goes in the designated area by the latrine.

Your Bin
Each site is provided a food bin. This bin is to be kept clean. Any un-opened food should be returned to the commissary, but open food should be thrown out in the proper disposal containers. Condiments like ketchup, mustard, and mayonnaise are to be kept in your site (more is available upon request). Inside each bin is a health and safety kit, which must be returned to the commissary at the end of the week with the food bin.

Trash
Burn all burnable trash in your campsite's fire pit. All non-burnable trash must be put in a plastic bag and brought to the trash container in the parking lot each evening by 7:00 pm.

Celebrating a Birthday at Summer Camp

Who doesn't love birthday cake???? Let us take care of ordering it for you! The food service team would be thrilled to help you celebrate anyone's special day. Just come up to the food pick up window and talk to the Food Service Director!

We can order cakes or brownies large or small enough to accommodate any size group with even the biggest appetites!

If there is anything else we can do to help you make someone's day extra special, don't hesitate to ask!

rthday

ROSATI'S

989-873-4425 fax 989-873-5087

CAKE ORDERS

WHITE	_____	1/4 SHEET	_____
CHOCOLATE	_____	1/2 SHEET	_____
MARBLE	_____	FULL SHEET	_____

FROSTING

WONDER WHIP	_____
BUTTERCREAM	_____

BROWNIES

I/2 SHEET	_____	FROSTING	_____
FULL SHEET	_____	NUTS	_____

PRICING

CAKES	1/4 SHEET	23.00
	1/2 SHEET	32.00
	FULL SHEET	46.00
BROWNIES		
	1/2 SHEET	32.50
	FULL SHEET	60.00

DECORATION DESIGN &

NUMBER _____

_____

FROSTING COLOR _____

WRITING ON CAKE _____

_____

TROOP NEEDS BY - DAY OF WEEK _____ DATE: _____

PICK UP TIME _____

SIGNATURE OF TROOP REPRESENTATIVE _____

TROOP # _____ CAMPSITE: _____

PHONE# _____ DATE _____

EMPLOYEE SIGNATURE DATE

Sanitation / Food Safety

Sanitation and Food Handling in the Field

This is a discussion of the proper methods of food handling and preparation from its acquisition to the disposal of its waste products in an outdoor camping environment. We should ensure a good, safe environment for the preparation and consumption of food. We should ensure that waste products be handled and disposed of in a safe manner. We, of course, don't expect to be working in an all stainless steel commercial kitchen environment, but we should expect that our camping area, which is our outdoor kitchen be kept as neat and clean as possible. We also expect that food be stored and handled in a reasonably safe manner in order to prevent Food Borne Illness. At this point there are a few concepts we have to deal with. First, what is FOOD BORN ILLNESS, Second, What is POTENTIALLY HAZARDOUS FOOD, and last, what is the TIME TEMPERATURE EQUATION.

A) FOOD BORNE ILLNESS is an illness or a disease that is carried or transmitted to humans by food.

1) BACTERIA are single cell living organisms that grow on food at an amazingly fast rate. There are two ways in which BACTERIA cause illness.
   a. It can be a pathogen or a direct infecting agent.
   b. Bacteria can produce poisons or toxins as waste products.
2) VIRUSES can be transmitted to food by infected animals or people. Viruses can only live outside of living cells for a short period of time. It should be noted that under the right conditions viruses could survive for up to 4 hours on a work surface. (Hepatitis B can survive up to 8 days)
3) PARASITES are also potentially dangerous to humans. A common parasite is cyclosporine. This is found on fruits with more than 1,300 cases reported in 1997. This parasite is not seen, is not removed by normal washing and is linked to imported berries.
4) MOLD and YEAST not only spoil the look and taste of food, but can also contribute to disease.
5) There are certain INGREDIENTS in prepared or processed foods that seem to be appearing with much greater frequency and are indigestible to a significant percentage of the population. It is estimated that up to 15% of the population is lactose intolerant, especially Asian and Native Americans. The heavy use of whey as a milk substitute in foods such as coco mix, cheap cake mixes, bread and even margarine has amplified this problem for many people.

B) POTENTIALLY HAZARDOUS FOOD is food that because of its moisture content, nutrient content, and pH will easily become a vehicle or host for Micro-organisms under normal household Temperatures

1) Moisture--In food industry there is a moisture index called Water Activity. The magic number 0.85 is the minimum moisture level required for bacteria to grow. Below this level are things such as jellies, candy, flour and dry noodles. Above this everything is in the Potentially Hazardous Food category, including meat, soft cheese and eggs.
2) Acidity (pH) ---Bacteria grow best when food is neutral or slightly acidic. The magic number here is a pH of 4.6. Below pH 4.6 foods is too acid to grow bacteria.; .6 there is potentially Hazardous Food.

C) THE TIME-TEMPERATURE EQUATION-- The basic concept in time-temp is that the longer you expose food to the temperatures that encourage bacteria growth which is between 40° and 140°F the faster that food is going to spoil.

1) Below 40°F--All Potentially Hazardous food must always be stored at this temp range
2) Above 140°F-- Food that has been cooked and being held to be eaten later must be kept at a minimum temp. of 140°F.

Proper Storage of Foods

We must remember that all food is perishable. The perish ability of potentially hazardous food is rather obvious sometimes, while other less obvious foods may be over looked (dried or sealed foods). We must think of the storage of foods as we bring them into camp and those meals that have already been cooked. For example, if we fix a Dutch oven full of our favorite camp chef's delight and several hours later decide eat to some more it may not be safe especially under field conditions.

A) Refrigeration - As stated before, all potentially hazardous foods must be stored below 45°F. Any time food is above 45°F there will be rapid bacteria growth. If food is stored for more than 3 hours above 45°F it should not be used. Usually the only field refrigeration available is either a cooler with ice or the outside air on cold days. Coolers are only as reliable as the ice that's in them. With large quantities of food in a cooler that may not be good enough. Even under commercial restaurant conditions a food manager will check the temp. of stored food. A pocket thermometer is a requirement for commercial food managers and every Scoutmaster should also consider using one. It is the only way that you will truly know what your food temperature is and, therefore, how safe the food is. Relying on the outside air can be a risky business. If the temp gets above 45°F you're out of luck. You also have to be careful about exposing the food you are trying to keep cool to direct sunlight. One other hazard of relying on outside cool air is danger of airborne contaminants. You should also be careful when relying on outside air not to insulate food in the middle of your pack.

B) Dry Food - Dry food is considerably easier to store, as long as it is kept dry. Plastic bags are the obvious way to deal with that. If dry food picks up moisture it may very well become potentially hazardous. Dried or packaged foods stored for prolong periods of time are excellent breeding grounds for bugs or insects. Don't store things like cake mixes or packaged of instant oatmeal in your patrol boxes over the summer. Store dry foods in a cool, dry place. They will last a lot longer.

Food Preparation

This is the time when food contamination most often occurs. In the field it becomes much more difficult to prevent and control contamination. So far, we have talked mostly about biological contamination, but in the field physical contamination such as particles of dirt, glass, metal, tree bark, etc. are much more difficult to control. During food preparation, we must consider what kind of surface we have to work on. Is an old chunk of plywood, the ground, or a log a safe place to lay out food during preparation? Do the Scouts who are handling food have clean hands? Is the food getting cross-contaminated? Is some of our food sitting at temperatures above 45degrees F too long? Are our utensils clean or were they just simply wiped off from the last meal because it is difficult to wash them in the field? These are questions that we must deal with every time we prepare food especially with young Scouts who just don't think about sanitation when mom is not there.

A) Hand Washing - The lack of hand washing may very well be the most dangerous problem and the biggest cause of food contamination, not only in camp, but also in commercial food operations. It is essential that a Scout or anyone who handles food wash their hands before handling any food. Do the scouts always wash their hands after using the latrine? Hand

washing is sometimes difficult in the field but it is so important clean hands must and cannot be stressed enough for the health of our scouts.

B) Cross Contamination--Cross contamination is the movement of bacteria from one food item to another usually by way of utensils or the work surface on which the food is being prepared. In the field when dealing with raw meat cross contamination can be a very difficult problem to deal with. Most often there is very limited surface to work on. It is not unusual for Scouts to handle meat and then fruit or vegetables without rewashing their hands or work surface. This can be a very dangerous practice especially when handling poultry. The contamination of poultry with salmonella is well known.

C) Clean Utensils--In the field with limited water it is difficult to wash utensils but this is one of the skills that all Scouts need to learn from the beginning. There are several methods of washing and rinsing in which we conserve water but it is also important to sanitize on your last rinse. Cleaning utensils in the field is never as good as at home, therefore we really need this extra measure. When using chlorine bleach as a sanitizer in commercial kitchens, the requirement is that you have a solution of between 50 and 200 parts per billion of chlorine. Using an eyedropper bottle can easily do this. It takes about 6 drops of household laundry bleach to a ½ gallon of water to get the proper solution.

Cooking of Foods

The proper cooking of foods is, of course, very important. Cooking of food is our last line of defense against microorganisms. This is the only way that we have of eliminating any bacteria that may be on your food. Although we try, it is impossible, especially in the field, to completely prevent the contamination of food. Although many of us like rare meat, camp is not the place for such things. We are unable to take our steak out of the freezer on to the grill as at home. There are just too many chances for contamination and bacterial growth in the field. We need to be sure that all food is well done. We need to check the temperature. This is where our pocket thermometer comes in handy again. You would not want your Scouts eating a Dutch oven full of chicken that was not thoroughly cooked. How do you tell when it is ready? Do you shake the chicken leg to see how lose it is? Do you assume that after one hour in a Dutch oven there was enough heat to thoroughly cook your food? No, we can't assume anything. The only real way to tell is to check the temperature. Lift the lid of a Dutch oven and put your thermometer in. Make sure that your food has reached 170ºF.

A) Safe Temperatures for food (internal temp for 15 sec)--

Pork	+170° F
Poultry	+170° F
Beef	+170° F

All potentially hazardous food that has been previously served and cooled that are reheated +170° F

B) Precooking Foods - Never partially precook foods for camp. This could greatly accelerate bacterial growth.

Proper Disposal and Storage of Garbage

It is very important to properly store and eliminate trash and garbage in camp. Keep your trash and garbage at least 90 feet from the food storage and cooking areas. It is desirable to keep your campsite clean. This is

only common sense. It eliminates pests such as insects, rodents and other larger wild animals from your camp. It is at times possible to burn some trash (check with local regulations). It is very dangerous to burn plastic bags. All plastics give off toxic fumes when burned. It's just not appropriate to allow Scouts to be exposed to these very toxic and poisonous gasses. All trash and garbage should be stored in heavy-duty plastic bags in a place where animals won't get into it. Any trash that can't be burned must be carried out. Always consider the placement of your latrine. Latrines should be located at least 300 feet or more from the food storage and cooking areas. Latrines should be located on level ground. Never uphill from the campsite or water supplies. You don't want the latrine in a place where a heavy rainfall could cause it to contaminate either your water source or your campsite.
It is the responsibility of the Scoutmaster and Senior Patrol Leader to inspect their camp for proper cleanliness. It is the policy of the BSA to always leave your site neater and cleaner than before (leave no trace). All Trash is disposed in the Dumpster in the main parking lost.

Dishwashing the BSA Way:

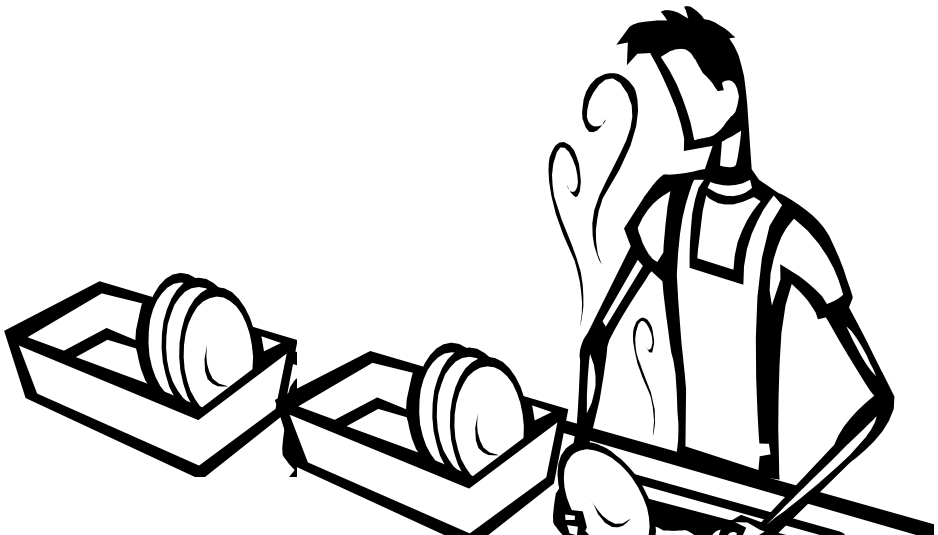
Begin cleanup by setting out 3 large pans/trays:

1. Wash pot – contains hot water with a few drops of biodegradable soap
2. Cold Rinse pot – cold water with a sanitization tablet or a few drops of bleach to kill bacteria
3. Hot Rinse pot - clear hot water

Before using cleaning station (above):
Wipe plates with napkin or paper towel first to keep the dishwater as clean as possible. Each scout can wash his own eating gear (plate, spoon/fork, cup). If each scout also does one pot, pan, or cooking utensil then the work will be finished in a short period of time.

Disposing of dishwater:
Strain any food bits out of your dishwater and put the bits in the trash. Carry the wash and rinse water away from camp at least 75 steps, away from any streams, lakes, or rivers, and give it a good “fling” to spread it over a wide area.

HELPFUL HINT:
Before cooking with a pot over any wood fire, smear a film of liquid biodegradable soap (liquid will work well) on the outside of your pot. Sot or black streaks will wash off easier.



Allergies and Dietary Restrictions

We are more than willing to accommodate people that are vegetarians, pork free, lactose intolerant, or have any other dietary needs.

We do not serve anything with peanuts, but our cookies are made in a factory that also produces peanut products.

The only time you would have to worry about the peanut allergy is at Beast Feast. Although we do not serve anything containing peanuts, cooking contest entries prepared by troops could.

We also have popsicles and sugar free ice cream for those of you who have either a lactose or gluten allergy, or have diabetes.

Those that have dealt with these dietary restrictions know that supplementing the normal menu comes at a cost. However, you are more than welcome to bring your own food.

Lactose Intolerant -	$30
Vegetarian -	$20
Gluten Free -	$30
Pork Free-	$20

The Staff of the Michigan Crossroads Council and Cole Canoe Base **will do what it takes to serve those who have special needs.** Please help the staff understand your needs, by giving special information in detail, so we can accommodate you safely and enjoyably.

The Michigan Crossroads Council is committed to the safety of all Scouts at camp, which we work closely with the Dietary division of our food service provider, Gordon Food Service. Gordon Food Service has meet with our staff on numerous occasions to help prepare the staff understand as much as they can, to provide the Scouts with safe and quality foods, while all the time, not overwhelming those with special needs.

Fun Food Events

Sunday Meal
Sunday – 7:00 pm at the John Dumas Pavilion
Welcome to camp! Join us for dinner. All you need to bring is an appetite and your **MESS KIT**!

The FAMOUS Beast Feast & Camp Wide Cooking Contest
Monday – 6:30 pm at Outdoor Skills
Come sample all of the good eats and get some ideas for your next camp out! Make sure you visit all the stations and bring your mess kit. **APPEITES REQUIRED!**

Root Beer Chug
Monday – At Outdoor Skills, right after the Beast Feast
An event just for the "Big Kids." Make sure you have one adult ready from your troop to win.

Popcorn & Pretzel Sale
Wednesday – 9:30 pm at the John Dumas Pavilion
Grab a bag for $0.25 and enjoy the movie!

Pie-Eating Contest
Wednesday – 9:00 outside the John Dumas Pavilion
An excellent event for two scouts from your troop (one between 11 and 14, the other 15 and 18).

Flapjack Eating Contest
Thursday – at the Lumberjack Event
This event is for two scouts from your troop (one between 11 and 14, the other 15 and 18).

Ice Cream Social
Thursday – Immediately following the Lumberjack Event at the Kamman Center.
Come enjoy a big bowl of ice cream with us and dance the night away at THE Dance Party of the year!

Cole Canoe Base Menu

	Breakfast	Lunch	Dinner
Sunday			Burgers/Buns Potato Chips Pickle Spears Veggies Fruit Bug Juice/Water
Monday	Scrambled Eggs Biscuits and Sausage Gravy Shredded Cheese Jelly Juice/Milk *can choose cold meal opt.	Bread Cheese Lunch Meat Soup vegetable shred lettuce/dressing Fruit **	Beast Feast
Tuesday	French Toast Syrup Hash Browns Sausage Links Juice/Milk *can choose cold meal opt.	Pita Pockets Chicken Strips Shredded Cheese Shredded Lettuce/dressing Vegetable Cookies Fruit **	Pork Chops Potatoes Applesauce Bread & Butter Vegetable Milk
Wednesday	Tortillas Scrambled Eggs Shredded Cheese Bacon-Hashbrowns Juice/Milk *can choose cold meal opt.	Philly Cheese Steak/bun Swiss Cheese Carrots, onion, pepper shred lettuce/dressing Fruit Chips **	Meatballs Mashed Potatoes Salad Salad Dressing Fruit, Vegetable Milk
Thursday	Flapjacks Syrup Sausage Links Juice/Milk *can choose cold meal opt.	Chicken Patties/Buns Vegetable Shredded Cheese/lettuce Fruit Chocolate Chip Cookies **	Tortilla's Ground Beef Taco Seasoning Shredded Cheese & Lettuce Sour Cream and Salsa Fruit /Milk
Friday	English Muffins Egg Patties Sausage Patties Cheese Slices Juice/Milk *can choose cold meal opt.	Sub Buns Turkey, Ham, and Salami Sliced Cheese Shredded Lettuce/Vegetable Ketchup, Mayo, Mustard Chips	Steak and Chicken Potatoes Vegetable Fruit Pudding Milk & Margarine
Saturday	Cereal (cold or hot) Pop Tarts Grape Juice/Milk	**BREAD, PEANUT BUTTER & JELLY ARE ALWAYS AVAILABLE UPON REQUEST**	*Cold Breakfast Available **Cold Cuts Available See Commissary Director for your options Note-see end attach for veg. menu
Alternate meals available	**Cereal (cold or hot) Bagels&cream cheese Biscuts&sausage gravy**	**PEANUT BUTTER&JELLY Cold cuts&Cheese Grilled Cheese**	**Chicken parmesan,Veal Parmesan Meatballs,noodles,&gray Hamburger&buns**

*see attached at end for vegetarian menu

Alternate Meals Available

Breakfast options:

A) Cold Cereal – Variety, Milk, Juice
B) Bagels with Cream Cheese, Milk, Juice
C) Biscuits and Sausage Gravy, Milk, Juice

Lunch Options:

Cold

A) Cut -3 Meat, Subs, Cheese, Fruit, Bug Juice, Vegie
B)Cold Cut Sandwiches, Cheese, Chips, Bug Juice, Fruit
C) Grilled Cheese, Chips, Bug Juice, Fruit

Dinner Options:

A) Chicken Parmesan, Potato Wedges, Milk, Bug juice, Fruit
B) Veal Parmesan, Vegetable, Salad/Dressing, Milk, Bug Juice, Fruit
C) Meatballs, Noodles, Gravy, Salad/Dressing, Milk, Bug Juice, Fruit
D) Hamburgers, Buns, Cheese, Chips, Veggies, Fruit, or Cookie

Sunday Dinner

Build a Burger

Burger	2 each
Double Decker Bun	1 each
Cheese	2 slices
Lettuce	2 ounces
Tomato	2 slices
Onion	2 slices
Vegetables	4 sticks
Chips	2 ounces
Watermelon	1 slice
Pickle Spears	2 each

Preparation Instructions

Please keep in mind that in an effort to help out the environment, we have gone "green." This means you will be expected to help us by bringing your own **MESS KIT** to this dinner. If you do not have one, you can purchase one in the river store.

Dinner will be served directly following flags…DON'T BE LATE!

The Camp Staff is happy

to prepare this dinner for you,

so you can enjoy your first day in camp!

WELCOME TO CAMP!

Monday Breakfast

Eggs, Biscuits, and Gravy

Eggs	3 ounces
Biscuits	2 each
Gravy	4 ounces
Jelly	1 ounce
Apple Juice	8 ounces
Milk	½ pint
Shredded Cheese	½ ounce
Sausage Patty	2 each

Preparation Instructions

1. Cook the eggs in a skillet or a sheepherder's stove.
2. Warm up the biscuits in a skillet or on a sheepherder's stove.
3. Warm up the gravy in a pot.
4. Cook sausage patties in skillet or on a Sheepherder's stove.

**note-be creative. Can be biscuits and gravy w/eggs on side, Egg and cheese sandwich, patty sandwich w/cheese, egg and patty w/cheese sandwich, or all of the above.

Grace

Heavenly Father, help us to be truly grateful for the food, which we have received through thy goodness. Strengthen us that we may be better able to serve you. Amen.

Grilled Cheese Sandwiches/Ham

Bread	4 slices
Lunch Meat	2 slices
American Cheese	4 slices
Butter	1 lb per 40 people
Fruit	4 ounces
Vegetable	3 sticks
Bug Juice	1 container per 40 people
Soup	8 ounces
Shred Lettuce and dressing	

Preparation Instructions

1. Butter one side of every slice of bread.
2. Stick 2 slices of cheese and 1 slice of ham between the bread (butter side out).
3. Cook on any flat cooking surface until golden brown.

** be creative. Vegi option of salad and grilled cheese w/soup, make sandwich with lettuce, make a salad with grapes, carrots, cheese and lettuce

Grace

For this and all thy miracles, Lord, make us duty grateful. Amen.

Monday Dinner

Beast Feast

There will be plenty to eat with fun stations set up all over Outdoor Skills with cooking demonstrations. Learn to cook tasty meals and sample the treats. Don't forget to enter your troop's favorite dish into the cooking contest.

If your troop needs any ingredients or supplies for the cooking contest, please be sure to check with the commissary as soon as possible. If we don't have it, we might be able to get it for you.

Every troop is expected to bring a creative dish or two for the cooking contest. The dish should be big enough to feed your troop, that way everyone in camp is guaranteed a taste of at least a few different dishes.

We provide ENDLESS hot dogs on the grill and six or more stations and drinks as well.

Just bring a dish to pass and your **MESS KITS.** Dishwashing station provided.

Tuesday Breakfast

<u>French Toast</u>

Bread	2 slices
Eggs	3 ounces
Sausage Links	3 links
Syrup	2 ounce
Hash Browns	1 patty
Juice	8 ounces
Milk	½ pint

<u>Preparation Instructions</u>

1. Put egg batter and some milk into a bowl. If you have cinnamon or vanilla, feel free to add it for flavor!
2. Dip the bread in the batter.
3. Cook French Toast and bacon in a skillet, on a grill or sheepherder stove.
4. Cook the hash browns on the sheepherders stove on your grill until they become slightly brown. Add some butter for flavor and to make sure they don't stick.

Tuesday Lunch

Chicken Pitas

Pita Pocket	1 each
Chicken Strips	5 ounces
Shredded Cheese	1 ounce
Cookies	2 cookies
Vegetable	3 sticks
Fruit	1 each
Bug Juice	1 container per 40 people
Shred Lettuce/dressing	

Onions and peppers may be available upon request. Please check during breakfast pick-up to make sure we have it!

Preparation Instructions

1. Cook the chicken in a skillet or on the sheepherder stove.
2. Stuff the chicken into the pita pocket, (cut pita in half and fill both halves).
3. Stuff cheese in and allow it to melt.

* creative-cut apples, celery and put in pita, make a chicken salad too

Grace

For this and all thy miracles, Lord, make us truly grateful. Amen.

Tuesday Dinner

<u>Pork Chops</u>

Pork Chops	1 per youth, 2 per adult
Potatoes	1 serving (raw potatoes)
Applesauce	3 ounces
Vegetable	3 ounces
Milk	½ pint
Bread & Butter	1 slice each

~BBQ Sauce Available Upon Request~

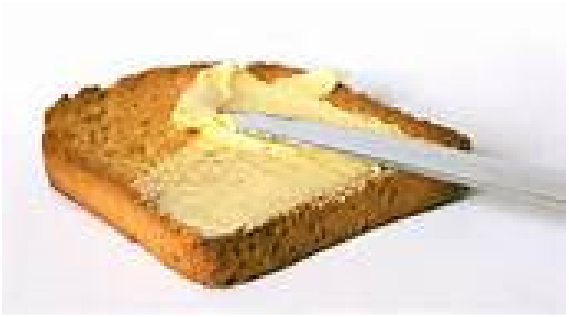
Green peppers, and onions may be available upon request. Please check in the commissary during breakfast pick-up to ensure we have some.

<u>Preparation Instructions</u>

1. Cook pork chops on a grate over the fire, or on the sheepherder stove until cooked thoroughly (145 degrees Fahrenheit).
2. Heat the green beans in a pan over the fire or burner.

<u>Grace</u>

Heavenly Father, thank you for the blissful day and the food to go along with it. Please grant good weather for tomorrow. Amen.



Wednesday Breakfast

Breakfast Burritos

Tortillas	2 each
Egg	3 ounces
Shredded Cheese	2 ounces
Bacon	3slices
Juice	8 ounces
Milk	½ pint
Hashbrowns	

Preparation Instructions

1. Cook eggs and bacon in a skillet or on the sheepherder's stove.
2. Add to tortilla and top with cheese.
3. Roll it up, grab something to drink, and be on your way.

*creative-make egg cheese tortillas with bacon/hashbrowns on side or make with it all combine in one

Grace

God is great; God is GOOD, let us thank him for our food. Amen.

Wednesday Lunch

Philly Cheese Steaks

Sub Bun	1 per youth, 2 per adult
Philly Cheese Steak Slices	1 per youth, 2 per adult
Swiss Cheese	1 slice
Chips	2 ounce
Vegetable	3 sticks
Fruit	1 each
Bug Juice	1 container per 40 people
Shred Lettuce/Dressing	onion peppers

Green peppers , mushrooms and onions are available upon request. Please check with the commissary during breakfast pick-up to ensure we have them.

Preparation Instructions

1. Cook steak slices in a skillet or on a sheepherder stove.
2. Shred the slices and add them to the bun.
3. Top with a slice of Swiss cheese.

*be creative and make a salad on the side with chopped carrots, cheese even meat – ask for onions or peppers

Grace

For this and all thy miracles, Lord, Make us truly grateful. Amen.

Wednesday Dinner

Meatballs

Mashed Potatoes	4 ounces
Meatballs	5 each
Sauce	4 ounces
Fruit	3 ounces
Salad	3 ounces
Salad Dressing	1 ounce
Milk	½ pint

Parmesan cheese is available upon request.

Preparation Instructions

1. Boil water and cook potatoes per instructions
2. Cook the sauce in a pot until it is warm.
3. Heat the meatballs in a skillet or on the sheepherder's stove.
5. **REMEMBER---5 MEATBALLS PER PERSON.**

Grace

For health, strength, and our daily food, we give thee thanks o Lord. Amen.

Thursday Breakfast

Lumberjack's Breakfast

Flapjack Mix	3 ounces (3 flap jacks each)
Sausage Links	3 each
Syrup	2 ounce
Juice	8 ounces
Milk	½ pint

Preparation Instructions

1. Follow directions on bag to make the pancakes. Cook them using a sheepherder's stove or grill.
2. The sausages are heat and serve, so just get them hot.

Grace

Thank you Lord for the food that we receive and please grant us safe passage throughout the day. Amen.

Thursday Lunch

Chicken Patty Sandwiches

Chicken Patties	1 per youth, 2 per adult
Buns	1 per youth, 2 per adult
Mayonnaise	1 container per 20 people
Shredded Lettuce	½ ounce
Fruit	1 each
Vegetable	3 sticks
Chips	2 ounces
Cookies	2 each
Bug Juice	1 container per 40 people
Cheese Slice	1 per youth, 2 per adult
Shred Lettuce/Dressing	

Preparation Instructions

1. Fry the chicken patty.
2. Add to bun and top with lettuce and condiments.

Creative-make a salad on the side;chop celery w/cheese or even chicken

Grace

Heavenly Father, thank you for the blissful day and the food to go along with it. Please grant good weather for tomorrow. Amen.

Thursday Dinner

Tacos

Tortillas	2 each
Ground Beef	¼ pound
Taco Seasoning	¼ ounce
Shredded Lettuce	2 ounces
Shredded Cheese	2 ounces
Salsa	½ ounce
Sour Cream	½ ounce
Fruit	3 ounces
Milk	½ pint

Preparation Instructions

1. Brown ground beef in a pot over the fire or on a burner; mix in seasoning.
2. Add meat to shells and top with lettuce, cheese, salsa, and sour cream.

Creative-make a Mexican salad on side with salsa and sour cream or even with meat

Grace

Heavenly father, thank you for this blissful day and the food to go along with it. Please grant good weather for tomorrow. Amen.

DON'T FORGET ICE CREAM SOCIAL TONIGHT!

Friday Breakfast

Egg McBiscuits

Biscuits	1 per youth, 2 per adult
Eggs	1 per youth, 2 per adult
Sausage Patties	2 each
Cheese	1 per youth, 2 per adult
Juice	slice6 ounces
Milk	½ pint

Preparation Instructions

1. Cook the sausage patties on a skillet or sheepherder's stove.
2. Cook the egg patties on a skillet or sheepherder's stove.
3. Warm the biscuits and enjoy.

*be creative-egg w/cheese sandwich, sandwich with eggs on side, or sandwich all together

Grace

Thank you Lord for the food that we receive and please grant us safe passage throughout the day. Amen.

Friday Lunch

Sub Sandwiches

Sub Buns	1 each
Turkey	2 slices
Ham	2 slices
Salami	2 slices
Cheese	2 slices
Shredded Lettuce	2 ounces
Vegetable	6 sticks
Ketchup, Mustard	
Chips	2 ounce
Bug Juice	1 container

Preparation Instructions

1. Grab a sub roll and layer it with meats and cheese.
2. Garnish with lettuce and your favorite condiments

Creative – make a salad with all of it combined

Grace

Gracious giver of all good, we thank thee for the rest and food, grant us all that we do or say, in thou service be this day. Amen.

Friday Dinner

Steak Night

Steak and Chicken	8 oz
Potatoes	4 ounces
Margarine	1 pound per 40 people
Vegetable	3 ounces
Fruit	3 ounces
Pudding	3 ounces
Milk	½ pint

mushrooms and onions available upon request***
Onions may be available upon request. Please check with the commissary staff during breakfast pick-up to ensure we have enough.

Preparation Instructions

1. Cook steak/chicken on a grate over the fire or on the sheepherder's stove until cooked.
2. Follow the directions on the back of the potatoes.
3. Heat corn in a pan over the fire or burner.

Grace

Heavenly Father, thank you for the blissful day and the food to go along with it. Please grant good weather for tomorrow. Amen.

Saturday Breakfast

<u>Cold Breakfast</u>

Cereal Bowls	2 Bowls each
Pop-Tarts	1 Package each
Grape Juice	8 ounces
Milk	½ pint

<u>Grace</u>

Gracious giver of all food, we thank thee for the rest and food, grant all we do or say, in thou service be this day. Amen.

Please return your clean food bin and health and safety kit to the commissary window as soon as you are done eating.

If you need supplies to clean your camp site latrine or food bin, just ask. We will be happy to get them for you.

Menu Survey

Thank you for joining us for a fun filled week here at Cole Canoe Base! We sincerely hope you had as much fun with the food and programs as we did. If there is anything we could have done to improve your stay with us this week, please let us know! This is your camp, and we want everyone to have the time of their life.

What was your favorite meal?

_____

_____

_____

What was your least favorite meal?

_____

_____

_____

If you could add anything to the menu, what would it be?

_____

_____

_____

If you could take anything off the menu, what would it be?

_____

_____

_____

Were there any meals you found difficult to prepare in your camp site?

_____

_____

_____

Any questions, comments, or concerns you have regarding your food service this week?

_____

_____

_____

Please have an adult fill this out and return it to the commissary Saturday morning during check out. With all your input we can better prepare next year's menu and ensure everyone has a great time at camp. Thank you for your help and cooperation!

*NOTE: Please put any comments regarding food service staff on your end-of-the-week camp evaluations!

As always, thank you for your continued support of the Michigan Crossroads Council Camps! We can't wait to see you all again next year!
Have a safe trip home!

The 2014 Cole Canoe Base Staff

Vegetarian menu

Sunday –vegi patty

Monday- eggs, biscuit, jelly, vegi, breakfast patty, shredded cheese
Monday lunch- bread, cheese, grapes, carrots, tomato soup, salad
Beast feast

Tuesday- texas toast, egg mix, vegi breakfast patty, hash browns
Tuesday lunch- pita, rice, mixed vegitables, cookies, celery, apples, salad
Tuesday dinner- vegi patty, potato, applesauce, greenbeans, milk bread

Wednesday- tortilla, egg, cheese, hash browns, veg crumble
Wednesday lunch- sub bun veg crumble onion cheese carrots bannas pretzel
Wednesday dinner- pasta alfredo mixed vegi peaches salad

Thursday- flapjack vegi patty syrup
Thursday lunch- veg patty bun lettuce celery chips cookies cheese salad
Thursday dinner- tortilla vegi crumble lettuce cheese fruit sour cream salsa

Friday- English muffin egg patty vegi patty cheese
Friday lunch- cheese bread carrots chips
Friday dinner- veg pati potato corn pears pudding

Saturday- cereal pop tarts